

CARROT CUCUMBER SALAD WITH HONEY

VINAIGRETTE



CANADA AGRICULTURE AND FOOD
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Enjoy this fresh, rainbow-coloured salad as a healthy snack or side dish.

Ingredients

For the salad:

- 4 to 5 “rainbow” coloured carrots
- Half of a cucumber
- About a quarter of a small, red onion

For the vinaigrette:

- 2 tbsp (30 mL) extra-virgin olive oil (light taste)
- 2 tbsp (30 mL) honey
- 1 tbsp (15 mL) apple cider vinegar
- 1 tsp (5 mL) Dijon mustard
- 1/8 tsp (0.5 mL) garlic powder
- Dash of salt and pepper

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Preparation

1. Wash and peel your carrots.
2. Cut carrots in half, then use a julienne peeler to slice them.
3. Add the carrots to a medium-sized bowl.
4. Wash the cucumbers, thinly slice them, then add them to the bowl.
5. Thinly slice the red onion and place in the salad bowl.
6. Toss to combine.-
7. To make the vinaigrette, add all of the ingredients to a small mason jar. Tighten the lid, then shake until fully blended. -
8. Pour the vinaigrette over the carrot salad and stir until evenly coated.
9. Serve immediately, or chill before serving to allow the flavours to blend together. -

Note: The salad will keep well in an airtight container in the refrigerator for up to three days. -

Did you know...

What does it mean to julienne a vegetable? It simply means to cut your vegetables in short, thin strips. A julienne peeler is a time-saving kitchen tool!